

Pomfret Senior Center

207 Mashamoquet Rd. Pomfret Center, CT

January 2017

Tuesday, Jan 3rd-- 12:30 - Senior Center Activity Planning Meeting

Help steer the activities at the center! Bring your ideas and help plan the activities at the center in the coming months!



Wednesday, Jan 4th - 12:15 - Birthday Celebration - Following Lunch

Sally J., Gunner J., and Betty J. have birthdays in January, do you? Come celebrate with us! Cake and a song will help us celebrate January birthdays! If you would like to add your birthday to the list, please see Jim Jutras.

Thursday, Jan 5th - 10:30- Line Dancing with Chantale

This class is open to all levels of line dancing and is especially geared toward those with no experience. The session will begin at 10:30.

Wednesday, Jan 11th - 10:30- Postural Blood Pressure Screening

Join Linda Colangelo from the Department of Public Health as she measures Orthostatic Blood Pressure- which is where they measure changes in blood pressure when someone goes from a lying down position to a standing position.

Wednesday, Jan 11th - Movie- "The Man"

Special Agent Derrick Vann is a man out to get the man who killed his partner but a case of mistaken identity leads him to Andy Fidler, a salesman with too many questions and a knack for getting in Vann's way.

Stars: Samuel L. Jackson, Eugene Levy



Tuesday, Jan 17th - Presentation by Ed Morin

Join Ed Morin as he does a presentation on the first Native Americans to become medical doctors in the United States.

Wednesday, Jan 18th - 10:30- Guided Meditation

Meditation serves to relax, focus and clear the mind. Join Barbara Marston, MDiv for a session of relaxation and focus using guided meditation and breathing techniques.



Tuesday, Jan 24th - 12:30- Trivia

Get your thinking caps ready and join us in some trivia!

Wednesday, Jan 25th - 12:30- Movie- "Must Love Dogs"

A forty-something preschool teacher looks to the personals for a change of pace and a relationship, with hilarious results

Starts: Diane Lane, John Cusack, Elizabeth Perkins



Tuesday, Jan 31st - 12:30- Heirlooms

Do you have something special, unique or antique that is special to your family? If so bring it in to share, discuss and talk about. You never know what you will get to see, experience and learn about!

Please Note: The calendar and newsletter are designed to give an overview of activities and events that are taking place during the month. While it is always with best intentions that dates and times for these events are accurate there may be times when something on the schedule changes after the publication of these materials. If you notice something on either publication that is incorrect, please address it with Jim Jutras and he will direct your comment(s) to the appropriate party. The calendar and newsletter are a guideline, if there are events, dates or activities that you would like to see we strongly encourage you to participate in the planning meeting scheduled at the beginning of every month to contribute your ideas, as well as check the times and dates for already scheduled programs.





Ongoing Programs:

- Tai Chi on Tuesdays at 10:30.
- Yoga will be @ 1:00 on Thursday afternoons
- BINGO, SETBACK & CRIBBAGE for your playing enjoyment and competitive spirit



Pomfret Senior Center
207 Mashamoquet Rd.
Pomfret Center, CT 06259
Phone: 860-928-7459
TEEG: 860-923-3458